



St Helens Borough **Family Hub**



Half term offer

26th October to 31st October

What's On in the Morning

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Healthy Child Clinic
10.00am - 12.00pm
Newton Family Hub

Sleep Advice drop-in
10.00am - 12.00pm
Newton Family Hub

Pumpkin Squishes and
Sensory Wishes (0-5)
SEND group
10.00am - 11.00am
Newton Family Hub

Breathe Buddies
Spooktacular
Workshop
10.30am - 11.30am
Sutton Family Hub

Spooktacular Family
Fun Day with Smile
Squad
10.30am - 12.30pm
Sutton Family Hub

Healthy Child Clinic
9.30am - 11.30am
Sutton Family Hub

Sleep Advice drop-in
9.30am - 11.30am
Sutton Family Hub

Food Pantry
10.00am - 12.00pm
Sutton Family Hub

Spooky Crafty Cooks
(0 - 11yrs)
11.00am - 12.30pm
Central Link Family Hub

Healthy Child Clinic
9.30am - 11.30am
Community Hub North

Breathe Buddies
Spooktacular Workshop
9.30am - 10.30am
Newton Family Hub



Healthy Child Clinic
9.30am - 11.30am
Lowe House Clinic

Sleep Advice drop-in
9.30am - 11.30am
Lowe House Clinic

Pumpkin Squishes and
Sensory Wishes (0-5) SEND
group
10.00am - 11.00am
Central Link Family Hub

Healthy Child Clinic
10.00am - 12.00pm
Community Hub South

Sleep Advice drop-in
10.00am - 12.00pm
Community Hub South

Healthy Child Clinic
9.30am - 11.30am
Parr Children's Centre

Sensory Baby Group
10.00am - 11.00am
Parr Children's Centre

M.A.T.CH Group
(0-11yrs)
10.00am - 12.00pm
Newton Family Hub



What's On in the Afternoon

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Autumn Crafts

(2 - 14yrs)

1.00pm - 2.00pm

Newton Family Hub

Lego Construction Club

1.00pm - 2.00pm

Central Link Family Hub

Spooky Crafty Cooks

(0 - 11yrs)

3.30pm - 4.30pm

Parr Children's Centre

Ready, Steady School

lunch Club

1.00pm - 2.00pm

Central Link Family Hub

Breathe Buddies

Spooktacular Workshop

1.00pm - 2.00pm

Parr Children's Centre

SEND Specific Family

Film Night

2.30pm - 4.30pm

Newton Family Hub

Coffee/Tea Tots including

Spooktacular Workshop with

Breathe Buddies

1.00pm - 3.00pm

Central Link Family Hub

SEND Specific Family Film

Night

2.30pm - 4.30pm

Sutton Family Hub

Pumpkin Squishes and

Sensory Wishes (0-5)

SEND group

1.00pm - 2.00pm

Sutton Family Hub

Lego Construction Club

3.00pm - 4.00pm

Parr Children's Centre



St Helens Borough
Family Hub

Group Descriptions



Autumn Crafts – an interactive arts and craft session using natural resources

Baby Sensory Group – a group aimed at babies aged 0-12 months to promote bonding and developing new skills. Meeting new mums/dads and learning through play

Coffee/Tea Tots – is facilitated within our family friendly café where you can relax and enjoy free healthy food and drinks; toys and books are available for little ones.

Food Pantry – Pantries operate as a member-led neighbourhood and are just like a shop, in that you choose the food from the shelves. Members pay a small subscription each week they visit, and in return can choose groceries worth many times more, often saving up to £1,000 a year on shopping bills.

Lego Construction Club – join us for a family session of Lego builds and construction fun and become a family of Master Builders!



Group Descriptions



M.A.T.CH – (Men And Their Children) - A bespoke group for dads/grandads, uncles, male carers and their children to communicate and enjoy quality time together to strengthen their bond. Various indoor and outdoor activities are organised with free food and refreshments provided.

Pumpkin Squishes and Sensory Wishes - A fun, welcoming sensory SEND group where little ones can explore, play and learn through their senses. Each session includes a mixture of sensory activities, messy play, movement, sounds, textures and opportunities for little ones to explore at their own pace.

SEND specific family film afternoon – enjoy a free film at our Sutton Family hub! Open to all ages

Sleep advice drop-in – our free Sleep advice aims to support you in understanding why your child may be struggling to sleep, possible causes of sleeping issues and importantly, what you can do to help your child and family to get better sleep. For children 1 year and above.

Spooky Crafty Cooks – a fun and interactive cookery session for children aged 0 – 11 yrs.



Welcoming Every Child



Sensory Haven

Book a 45minute
slot in our
Sensory Haven
for FREE

01744 673 420

PERFECT for
your SEND child

A safe outdoor,
enclosed space to
support childrens SEND
and sensory needs



Sutton Family Hub
St Helens

SENSORY HAVEN



A space for sensory
play, exploration,
communication,
movement, and
relaxation.

New and Interactive Sensory Room

For Ages (0-4) and SEND

Book a 30-minute session to learn, play,
and enjoy quality time together.

Our Interactive
Sensory Room offers
a safe, engaging, and
stimulating
environment.

Monday to Friday
Newton Family Hub
Book your slot today!



Check us out!



St Helens Family Hub



sth_familyhubs



padlet.com/familyhubb

To reserve a place on any of the Family Hub and Children's Centre activities, please call Central Link Children's Centre on 01744 673445, Parr Children's Centre on 01744 671788 or alternatively message us via our Facebook page: @Sthelensfamilyhub



**BEST
START
IN LIFE**

Pumpkins, Squishes & Sensory Wishes



Come along for a gentle,
playful, sensory-filled morning

**For children ages
0-5 with SEND**

Little ones can explore, discover and
enjoy sensory play at their own
pace, with plenty of opportunities for
fun and connection. 🎃 ✨

- 🎃 Pumpkin messy play – squish, scoop and explore.
- 🎃 Sensory experiences in a relaxed, child-led environment.
- 🎃 Explore at your own pace with no pressure or expectations.
- 🎃 Decorate your own biscuit and enjoy your creation.
- 🎃 Juice refreshment included.
- 🎃 Sneak peek of our brand-new sensory room. ✨

Monday 26th October – Newton Family Hub
10.00am–11.00 am

Thursday 29th Central Link– Family Hub
10.00am – 11.00am

Friday 30th October – Sutton Family Hub
13:00pm–14:00 pm



 **St Helens Borough
Family Hub**



*inspired by The
Pumpkin Thief!*

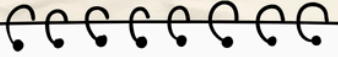
Take a look at some of our groups after half term



Ready, Steady, School

Helping Children get ready for school through healthy food, learning, play and positive routines.

Start the day with a healthy breakfast, fun activities and new friends!



- Central Link
Tuesday | 1:00pm - 2:00pm
- Newton Family Hub
Wednesday | 1:00pm - 2:00pm
- Parr Family Hub
Thursday | 1:30pm - 2:30pm



Small Steps, Big Smiles

OUR SEND-FRIENDLY GROUP

-  Sensory play
-  Fun activities
-  Family connection
-  Meet other families
-  Support your child's development

Ages 0-5

Where&When

MON – Sutton	10:00am–11:00am
TUE – Central Link	9:30am–10:30am
WED – Parr	1:30pm–2:30pm
THU – Newton	1:30pm–2:30pm



Meet • Play • Connect





Grandparents Group

Come and join us



Making memories with your grandchild, one play session at a time.

Fridays
9:30am–10:30am



Parr Childrens Centre

St Helens Borough
Family Hub

Families Voices

**COME JOIN THE
CONVERSATION**

**Sutton
Family Hub,
WA9 3PY**

Your Truth

Our future

**Your ideas could
help shape our
Family hubs and
Children Centres in
St Helens**

Next meeting
16th October 2026
12:30pm - 2:30pm

Email us fhccvolunteering@sthelens.gov.uk
to find out more or come along on the day

**BEST
START
IN LIFE**

**Your voice
matters. Help
shape the future
of Family Hubs in
St Helens.**